

## Full Report (All Nutrients) 11701, Arrowhead, cooked, boiled, drained, with salt

Report Date: July 04, 2017 19:08 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.84 Fat Factor: 8.37 Protein Factor:2.78 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 corm, medium 12g
<b>Proximates</b>					
Water	g	77.08	1	--	9.25
Energy	kcal	78	--	--	9
Energy	kJ	326	--	--	39
Protein	g	4.49	1	--	0.54
Total lipid (fat)	g	0.10	1	--	0.01
Ash	g	2.19	1	--	0.26
Carbohydrate, by difference	g	16.14	--	--	1.94
<b>Minerals</b>					
Calcium, Ca	mg	7	1	--	1
Iron, Fe	mg	1.21	1	--	0.15
Magnesium, Mg	mg	49	1	--	6
Phosphorus, P	mg	197	1	--	24
Potassium, K	mg	881	1	--	106
Sodium, Na	mg	254	--	--	30
Zinc, Zn	mg	0.22	--	--	0.03
Copper, Cu	mg	0.135	--	--	0.016
Manganese, Mn	mg	0.285	--	--	0.034
Selenium, Se	µg	0.6	--	--	0.1
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.3	1	--	0.0
Thiamin	mg	0.144	1	--	0.017
Riboflavin	mg	0.060	1	--	0.007

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>Data points</b>	<b>Std. Error</b>	<b>1 corm, medium 12g</b>
Niacin	mg	1.160	1	--	0.139
Pantothenic acid	mg	0.449	--	--	0.054
Vitamin B-6	mg	0.206	--	--	0.025
Folate, total	µg	9	--	--	1
Folic acid	µg	0	--	--	0
Folate, food	µg	9	--	--	1
Folate, DFE	µg	9	--	--	1
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					